

1000 CALORIE BOOTCAMP SECONDARY MUSCULAR WARM UP SEQUENCE

- Sports kit, LOUD music, water, and an exercise mat if possible
- Duration 12 minutes
- Garden or Indoors

	HALF REP CIRCUIT 100 seconds	FULL REP CIRCUIT 100 seconds	FULL REP + 10 SECOND LOW HOLD CIRCUIT 150 seconds
	Do each exercise for 20 seconds:	Repeat, this time full range:	Repeat, this time full range, then HOLD 10 seconds at low point of exercise:
1.	<i>Half press up</i>	<i>Full press up</i>	<i>Full press up + HOLD</i>
2.	<i>Half squat</i>	<i>Full squat</i>	<i>Full squat + HOLD</i>
3.	<i>Half lunge left leg</i>	<i>Full lunge left leg</i>	<i>Full lunge left leg + HOLD</i>
4.	<i>Half lunge right leg</i>	<i>Full lunge right leg</i>	<i>Full lunge right leg + HOLD</i>
5.	<i>20x star jumps</i>	<i>30x star jumps</i>	<i>50x star jumps</i>

**Rest 60 seconds, then repeat entire sequence again time, replacing star jumps with 10x, 20x, 30x squat jumps.
Total time 12 minutes.**